





August 2006

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Peaches

Warm summer days and cool nights help create the juicy peaches Coloradans crave. Colorado produced 24 million pounds of peaches in 2005, which were valued at nearly \$12 million.

Peaches are fat free, sodium free and a good source of Vitamin C.



Look for fresh Colorado peaches at your local grocery store, farmers' market or on the menu at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit

www.coloradoagriculture.com for a complete list of recipes.

Peach Blackberry Crunch

Chef Bob Holloway CEC, ACF Colorado Chefs Association

2 lb. Colorado peaches, peeled, pitted and cut into 8

pieces each

1 pint Blackberries

1/3 cup Sugar

1 tbsp. Raspberry vinegar (optional, if not available don't

use vinegar at all)

1 tsp. Vanilla extract

Crumb Topping

3/4 cup Flour

1/3 cup Brown sugar 4 tbsp. Butter, chilled

3/4 cup Almonds, finely chopped

1/2 tsp. Vanilla extract1/2 tsp. Almond extract

For crumb topping, blend flour and brown sugar in a bowl. Cut in butter until mixture resembles coarse meal then add almonds and extracts.

Toss peaches, blackberries, sugar, vinegar and vanilla into large rectangular baking dish. Evenly spread crumb topping over peach mixture and bake in preheated 400°F oven for 30 minutes. Serve warm with ice cream.

Enjoy with a Colorado wine, such as a glass of Blackberries and Honey from Meadery of the Rockies, located in Palisade, Colorado.

Next Month... National Honey Month